



WWW.WESTFORDMA.GOV/COA 978.692.5523

AT THE CAMERON

REPRESENTATIVE JIM ARCIERO and SENATOR JOHN CRONIN'S ANNUAL COOKOUT

Friday, August 8 at 12pm

Representative Jim Arciero will again be hosting his crowd-pleaser indoor cookout along with Senator John Cronin at the Cameron. Enjoy freshly grilled hot dogs and burgers. This is a great opportunity to meet and share concerns with them! Please RSVP to 978.692.5523. **FREE**

KIMBALLS END of the SUMMER PARTY

Wednesday, September 10 from 12 pm

Come to Kimball Farms for a day of fun by enjoying activities and one another's company. Included is one round 18-hole Mini Golf, 1 Bumper Boat Ride, 1 Bumper Car Ride, 1 Small Bucket of Balls at the Driving Range, 1 Round of 9-Hole Pitch and Putt and batting cage tokens! Lunch will be your choice of Burger or Cheeseburger, Veggie Burger, or 1/4 lb. All Beef Hot Dog. Also enjoy some delicious Ice Cream. There will be *music entertainment: Mickey Lorden*. **Cost is \$20**. RSVP at 978.692.5523 and please indicate your sandwich selection when you register.

APPLE BLOSSOM PARADE

Held on Saturday, May 17, 2025

Thanks to all of our Apple Blossom Parade participants, our planning committee, and contributors!



COFFEE AND CAMERON WITH FRIENDS

Friday August 22 at 10:00- 11:00am

New to the Cameron? Come on down! Bring a friend or family member for the opportunity to see and learn about all Cameron has to offer. Friends of Cameron Board members will host this introduction to programs and procedures to include a slide presentation followed by a tour of the facility. Attendees receive a Welcome Packet from Cameron staff.

Above, see some photos of our friends enjoying the Friends Open House and Ice Cream Social held on May 20, 2025. Top left: Margo Oppenheimer standing next to the tree filled with leaves explaining why Cameron participants enjoy Friends Programs! Bottom right: Mariann Patterson, Clark Spyker, Marcella Rivard and Jean Lemieux volunteer to serve and proudly display the Thank You to our sponsor, Sully's Ice Cream!

KIWANIS COOKOUT

Date to Be Determined at 6:00 pm

We are excited that the Kiwanis group is coming back to provide a hamburger/hotdog meal. Be sure to call 978.692.5523 to secure a spot. **FREE**



Director's Column

As the Director of this center, it's a terrific feeling to see so many talented, accomplished and fun-loving older adults appreciating life with our Cameron Team who are an integral part of the programs and services that impact lives daily. If you have recently retired, have the summer off or would like to try the Cameron, our doors are open! Enjoy perusing the many activity and service offerings found in this newsletter edition. I would like to share some recent times we shared together which included new faces, some firsts and new memories.



Tax Returns

On behalf of the Council on Aging Board and Staff we would like to thank **Hal Shreiber** for his leadership and oversight of the Volunteer Income Tax Assistance Program aiding in completing **367 federal and 375 state returns** on behalf of the Town of Westford and others.

Gay 90's

A special thank you to **Claire France**, COA Record Supervisor for organizing her 19th Gay 90's celebration honoring a record number of Westford elders, aged ninety years or more at the Westford Regency on Friday, May 16, 2025. It was a beautiful time with wonderful music performed by Justin Meyer Trio and Alex MacDougall, vocalist. Guests enjoyed a delicious three course meal celebrating our honorees.



Pictured at left: Jennifer Claro, COA Director, Paul Royte, Patti Mason, Rep. James G. Arciero, Nancy Cook, COA Chair, and Kristen Las, Town Manager.

Pictured at right: A table of our honorees enjoying their lovely luncheon made possible by event sponsors: Friends of the Cameron, Westford Fund sponsored by Patti Mason, and special contributors Westford Rotary Club, Westford Florist and Nashoba Valley Regional High School.

Apple Blossom Parade

I would like to thank our Apple Blossom Committee which included: **Lisa Nee, Robert Rafferty, Jen Beale and James Oakes** and contributors Katie Russell and Alison Christopher for such a cheerful and attractive float. Our UpBeats Band couldn't join due to the weather, but we look forward to their presence next year! Also, a special thank you to the HWY Department for their willingness to provide a trailer, truck and driver to parade our band. Thanks to our Cameron participants who helped decorate and/or walk which includes Maureen Thibodeau, Kathy DiSilva, Diane Ledder, Micki Flatt, Judy Davis, Don Wilt, Betty Lou Harlow, Edna Mac Neil, Doris Trainor, Cecile Cote, Marcella Rivard, Clark Spyker, Pauline Noble, and Judy Stewart.

Party In The Pasture at Good Pickin' Farm

The 2nd Annual **Party In The Pasture**, a great outdoor time, was held on Wednesday, May 21, 2025 with record attendance surpassing last year's event, despite cooler weather. It was organized by **Evie Morine**, Event Chair, **Katie Russell, Dana Owens, and Margaret Siegel**. Many enjoyed Tim Kierstead, an incredible vocalist and guitarist, hayrides, BBQ, farm animals, lawn games, craft, bonfire and smores.

Thank you to Katie for a tip top day at Good Pickin' Farm. A special thank you to an Anonymous Sponsor from the Cameron who ensured all could attend by subsidizing \$9PP.



Jennifer

This newsletter is made possible with the support of our annual **Formula grant from the **Executive Office of Elder Affairs**.**

Friends Corner

2025-2026 Membership Drive

The FRIENDS have been BUSY! THANK YOU to everyone who contributed to the success of the Membership Drive in May and June. If you "popped in" at the Ice Cream Social or submitted your Membership, we appreciate your support. Our thanks to **Sully's Ice Cream** for their donation of ice cream for the event. *Remember, 2024-2025 Memberships expired June 30th. *Don't worry*, it's never too late to renew or become a member. Pick up your **BLUE Membership Form** at the Cameron, or use the form on **page 11** of this newsletter, and continue to enjoy discounts as a FRIEND.

Congratulations to the 20 lucky winners announced July 1st in the FRIENDS MEMBERSHIP DRIVE DRAWING! Check out the **WINNERS LIST** posted in the FRIENDS CORNER in the Lobby. Our thanks to the businesses who sponsored prizes: **Anthony's Coal Fired Pizza, Market Basket, Walmart, Shaw's, O'Neil Cinema, Classic Kitchen Café and Il Forno Restaurant**. And to **Jennifer Claro** and the **COA** for the generous donation of prizes including a free Bloom Trip and Cameron BUCK\$ cards.

Memorials and Living Tributes



The Friends extends sincere appreciation to the **family of Bella DiMare** for their heartfelt Memorial Donation of \$500 in Bella's memory, and to many of **YOU**- her Cameron FRIENDS- who also made donations following her passing earlier this year. I am happy to share your Memorials and Living Tributes in this column, in celebration of a loved one. Pick up the **PURPLE DONATION Form** at the Cameron.

FRIENDS Scholarships

Congratulations to the 5 graduating seniors from Westford Academy chosen this year to receive a FRIENDS \$500 scholarship for their dedication volunteering at the Cameron. **Yash Veerkar, Nikhil Chaudhuri, Sathian Soman, Karthik Babu, and Krish Babu**- congratulations, and thank you!

Lynne Stader, President



Stay Connected!

The FRIENDS are excited to keep you informed and engaged through our new email update system **powered by Constant Contact**. Be the first to know about important announcements, upcoming events, new offerings and exclusive opportunities. If you've recently changed your email address or want to ensure you're receiving updates at the right address, it's quick and easy. Update Your Email Address at friend-sofcameron7@gmail.com. Thank you for staying connected – we value your participation and look forward to sharing more with you!

Community Resources

HEARING SCREENING

Mondays, July 14 and August 11 at 9:30 am

Dr. Megan Ford from HearSmart Audiology of Littleton will provide hearing screenings. Sponsored by the Westford Health Department. To book your appointment, please call the Health Department at 978.692.5509.

ASK THE DETECTIVE

Thursdays, July 17 and August 21 at 11 am

Detective Ian McEnaney, from the Family Services Division 2 will be here once a month to answer any questions you may have.

ASK THE FIRE PREVENTION OFFICER

Thursdays, July 10 and August 14 at 11 am

Ryan Monat, FF/Paramedic, Fire Prevention Officer & S.A.F.E. Officer will be here once a month to discuss fire safety.

VETERANS SERVICES

Meet our new Veterans Service Officer and Army Veteran **Colin Bode**. Westford Veterans Services is available to assist with benefits and/or other needed services or information. To speak with Westford's Veteran Agent, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

Veterans without a REAL ID can use a VHIC for air travel

The TSA now enforces REAL ID requirements for air travelers. The TSA accepts a Veteran Health Identification Card (VHIC) as a substitute for a REAL ID to get through security. Don't have a VHIC yet? If you're enrolled in VA health care, you can sign in with ID.me and request your VHIC online.

Have a VA account already? Login here

<https://eauth.va.gov/accessva/?cspSelectFor=vhic-ss>

Not enrolled in VA healthcare? take a look at

<https://www.va.gov/health-care/how-to-apply/>

VET 2 VET

Every Friday 10 am to 11 am

Are you a Veteran who has questions and would like to talk to another Veteran? Just stop by the Cameron and meet our new Veterans Service Officer and Army Veteran **Colin Bode**.

WESTFORD CONSTITUENT HOUR

Thursdays, July 17 and August 21 from 2 - 3 pm

Join Representative Arciero's District Director, Anita Tonakarn-Nguyn, and Susan Templeton from Senator Cronin's Office for constituent hours. Feel free to speak about concerns, ask questions or just introduce yourself.

ASK THE LAWYER

Friday, September 12 beginning at 9:30 am

One on one appointments. Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors aged 60 and over, by appt. Each appt is 30 mins. Call 978.692.5523 to reserve.

ASK THE REALTOR with Kathy Cunningham, Coldwell Banker

Mondays, July 14 and August 11 at 11:00 am

Call 978.692.5523 to schedule an appointment.

Health and Wellness Offerings—Fitness Classes

A special thanks to the Friends of the Cameron for helping to subsidize many of our fitness classes!

ZUMBA CLASS with CAROL WING

Tues. July 8 - August 26; Thurs. July 10 - August 28

Class Starts at 9:15 am

For safety reasons and the courtesy of other class members, late attendance will not be accepted. If you are more than 10 minutes late, you will be asked to not participate in that day's class. **Cost:** Westford residents for 8 weeks for one class per week is **\$24** and for both Tuesday and Thursday classes, the cost is **\$48**. Non-resident's cost is **\$40** for one day per week and **\$80** for two days per week. Sign up at 978.692.5523.



CHAIR MOVEMENT with CAROL WING

Tues. July 8 - August 26; Thurs. July 10 - August 28

Class Starts at 10:15 am

For safety reasons and the courtesy of other class members late attendance will not be accepted. If you are more than 10 minutes late, you will be asked to not participate in that day's class. **Cost:** Westford residents for 8 weeks for one class per week is **\$24** and for both Tuesday and Thursday classes the cost is **\$48**. Non-resident's cost is **\$40** for one day per week and **\$80** for two days per week. Sign up at 978.692.5523.



MINDFUL MOVEMENT

Tuesdays - July 8 - August 26

9 am - 10 am: Beginner - Class Instructor: Stan Fall

10 am - 11 am: Advanced - Class Instructor: Stan Fall

Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving emotional stress and mental anxiety. The instructor for this 8 week session is from Cultivating Qi in Westford. For a short preview of what you will be learning, go to this link: <https://youtu.be/jaXqbbn4JF8> **Cost** is **\$40** for one class time per session, and **\$80** for both classes. Sign up at 978.692.5523.



INTRODUCTION TO TAI CHI & QIGONG

Tuesdays - July 8 - August 26

6:00 pm - 7:00 pm

Instructor: Stan Fall of Cultivating Qi YangTao™

Tai Chi & Qigong offer gentle meditative movement to help move blood and oxygen around the body, nourishing the organs and tissues. This strengthens the immune system and enhances the body's natural ability to heal itself. In addition, due to the in-the-moment-connection of the mind to the breath, YangTao™ Tai Chi & Qigong help to calm the mind. The class is designed to be low key and fun for people of all levels. Come join us to learn these mindful movements and to connect with like-minded people. **Cost for the class is \$40 for the 8 weeks.** Sign up at 978.692.5523.

BONE BUILDERS

Mondays and Wednesdays 9:30 am -10:30 am

Tuesdays and Thursdays 12:45 pm* -1:50 pm

Bone Builders is a great class to participate in if you are recovering from a health set-back. Build your strength, increase your range of motion and flexibility at a pace that is comfortable for you. To register for the classes, please request an application from the front desk at Cameron. Your application must be completed (with physician's approval). Class space is limited.

***First Tues. session of each month starts at 12:15 pm, not 12:45 pm.**

We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center at no cost!



The following classes are offered in collaboration with Wellbeing Fitness:

WELL-BEING GROUP CONDITIONING TWO SESSIONS PER WEEK

Tuesdays & Thursdays at 10 am

8 weeks beginning Tues., July 8 - Thurs. August 28

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford (next to Eastern Bank). A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Tap into a host of health benefits from a full-body workout around a cardio format while increasing strength and stamina. Class size is limited. Call to sign up at 978.692.5523. **Class fee:** Westford residents- **\$127** and non-residents- **\$143**.

WELL-BEING GROUP CONDITIONING ONE SESSION PER WEEK

Wednesdays at 9 am

8 weeks beginning July 9 - August 27

Class Location: Well-Being Fitness Gym (see description of location and class for two-session class above). Class size is limited. Call 978.692.5523 to sign up. **Class fee:** Westford resident's **\$64** non-residents- **\$72**



GENTLE YOGA

Mondays at 12 pm

8 weeks beginning July 7 to August 25

Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga. Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. **Class fee:** Westford residents- **\$48** and non-residents- **\$54**.

INTERMEDIATE YOGA

Wednesdays at 11 am

8 wks starting July 9 to August 27

Join Meghan Kwartler from Well Being Fitness and Yoga. Class size is limited. Please call to sign up at 978.692.5523. **Class fee:** Westford residents- **\$48** and non-residents- **\$54**.

If you would like to participate in a class and you have a financial hardship, please see our social service staff for financial scholarship!

Health and Wellness Continued - Outdoor Activities



HIKE WITH MIKE!

Participants should wear sturdy, closed toe, walking/ hiking shoes or sneakers and bring water, bug repellent, sun block, a hat and hiking pole if needed. All hikes are approximately 2 miles, over varied terrain with rolling hills. Most trails have loose rocks and roots. All hikes are rain or shine. Lightning, or the threat of lightning will cancel. **All hikes will start at 9 am.** Please call to sign up at 978.692.5523.

Beaver Brook

Date: Monday, July 7, 2025

Trailhead: The Col de Sac at the end of Buckingham Dr., Westford.

Stone Arch Bridge

Date: Monday, July 21, 2025

Trailhead: Kiosk next to #115 Cold Spring Rd., Westford

Westford Academy

Date: Wednesday, July 30, 2025

Trailhead: The parking lot to the right (in front of the football field), at Westford Academy, 30 Patten Rd, Westford.

Swedes Crossing

Date: Wednesday, August 6, 2025

Trailhead: Next to 17 Swedes Crossing Rd., Westford.

NARA Park, Acton

Date: Monday, August 11, 2025

Trailhead: 25 Ledge Rock Way (the first parking area behind the beach concession stand/ changing rooms) Acton.

Chelmsford Cranberry Bog, Chelmsford

Date: Monday, August 18, 2025

Trailhead: The "Bog" house, at 750 Curve St, Carlisle

East Boston Camps

Date: Monday, August 25, 2025

Trailhead: Kiosk at EBC parking lot off of Depot St.

Stepinsky Property

Date: Monday, September 8, 2025

Trailhead: American Legion Baseball Field parking lot, 15 River St, Westford.

Transportation

How to Schedule a ride:

Our transportation service is for residents of Westford 55 and older, and disabled adults of all ages. When scheduling your ride, please be prepared with

- **your name**
- **phone number**
- **home address**
- **the address of your destination**
- **time you wish to arrive by and time you wish to return**

All of our rides are scheduled, so please allow ample time for your appointment. After gathering this information, you can call the Transportation Office at 978.399.2322 and leave the above details regarding your ride. We will call you the night before to verify all rides. Please give us as much notice as possible, with no less than **AT LEAST TWO BUSINESS DAYS.** We ask you to be ready 15 minutes before your scheduled pick-up time and understand that we may pick you up 15 minutes after your pick-up time.

Transportation is provided Monday through Friday, first ride at 8:15 am, last ride at 3:30 pm. Medical rides take precedence. All drop-offs and pick-ups are scheduled, no same day service. If for any reason you must cancel your ride, call the **Transportation Office at 978.399.2322.**

Van Trips

BOWLING

Wednesday July 9 at 1:30 pm get on our COA van and head to Harvard Lanes for some candlepin bowling.

Seats are limited. The cost will be \$12. Call 978.692.5523 to sign up.



BEACH TRIP

Wednesday, August 27 at 9:30 am Join our COA Van on a ride to Salisbury Beach and Pe-tey's for lunch. Seats are limited. The cost of lunch will be on your own. Call 978.692.5523 to sign up.



THANK YOU

Thank you, Dave and Vivian Crocker, for purchasing 3 sets of lighter weights and donating them to our Cameron Fitness Room.

Pictured at right: Dave Crocker and Katie Russell



Health & Wellness Offerings— Classes, Clinics, Screenings & More

FREE HEALTH SERIES

Tuesday, July 15 at 4:30 pm

The owner of Footcare Focus will be here to discuss the importance of foot care for seniors. This is a professional nursing service that concentrates on preservation and maintenance of feet through preventative care and education. Please sign up in advance so we can set up an appropriate sized room. 978.692.5523.

BONE HEALTH DAY LUNCH AND LEARN AND MORE!

Tuesday, July 22nd at 12pm

- **12 pm:** Join us for a bone healthy lunch and learn about the **importance of keeping your bones healthy** with Bone Builder Instructor Angie Aldebol.
- **4 pm:** Join us for a bone healthy exercise class taught by Colleen Chapdelaine RN BSN Med, with Move Through Aging. Spaces for the lunch and workshops are limited so please sign up at 978.692.5523. **Bone Health Day has been brought to you by The Upper Merrimack Valley MRC.**

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE (SHINE)?

Mondays, July 14 and August 11 by appointment.

Medicare health and drug plans can make changes each year: Things like cost, coverage, and what providers and pharmacies are in their networks. The SHINE (Serving the Health Insurance Needs of Everyone) Program can help you determine the best plan for you through individual meetings with a trained SHINE Counselor. To schedule an appointment with **Fred Baumert, our SHINE Counselor** (Westford resident) contact the Cameron Front Desk at 978.692.5523. Appointments are typically 45 minutes.

DID YOU KNOW?

Nearly 70% of Americans aged 65 and older will require some form of long-term care during their lifetime, according to the U.S. Department of Health and Human Services — and the cost of this type of care will likely be difficult to pay out of pocket for many Americans. An estimated 53 million people are taking care of an aging family member.

In the U.S., family caregivers, on average, spend a quarter of their income taking care of loved ones, according to AARP.

Some states are looking to help ease the burden. In 2023, Washington state added a payroll tax, money now used to fund long-term care insurance for its residents. A dozen other states are considering variations of long-term care taxes. AARP is also advocating for a \$5,000 federal tax credit to benefit caregiving families.

Consider creating an “aging plan” to help keep your life running smoothly as possible. Creating an aging plan helps you hope for the best but plan for the worst. Your aging plan is essentially a “to do list” for your life ... topics to include are: insurance coverage, retirement accounts, modifications for the home, assisted living information, estate planning and more. Too many folks wait until a crisis or medical emergency and then have less choice and control over their destiny. Be sure to loop in family and friends about your wishes. Resources out there include Elder Law Attorneys, Age Span, AARP, CHAMP, Home Care Agencies, and Cameron Social Services.

Healthy Food Resources



FREE ORGANIC VEGETABLE DISTRIBUTION

Every Thursday at 1:00 pm, #s given out at 12:45 pm

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce weekly to all Westford residents that meet income guidelines. Fuel assistance gross income criteria: household of one \$49,196, household of two \$64,333. To participate one must sign an income attestation on the day of produce pick up, document presentation not required. This distribution will be held at the Westford Housing Authority at 65 Tadmuck Rd. in the community center parking lot. Because this program is so desirable people often arrive early so, we will pass out numbers starting at 12:45. The freshly picked and packaged vegetables will be prebagged and distributed at 1:00 pm. Any questions call Annette or Jen at 978.399.2326.

WHOLE FOODS / TRADER JOE'S DISTRIBUTION

Mondays and Thursdays at 1:00 pm*

For those interested in participating in a Food Distribution Program open to all incomes of households **age 55 and older**. Numbers are given out on at 10:30 am in the order of arrival in lobby seating area. Once you receive a number, you may sign up between 12 -2 pm in order of numbers given out. The actual food distribution begins at 1 pm. This is an abundant program that offers free items of your choosing.

WESTFORD FOOD PANTRY—HOURS HAVE CHANGED!

The Westford Food Pantry, located on the first floor of the Cameron, is open **Wednesdays from 5 - 7:30 pm** and **Fridays 8:30 -11 am**. Westford Food Pantry has a tremendous variety of fresh, frozen and non-perishable food, as well as some personal hygiene items. ***The Cameron is closed on Friday July 4.** The pantry has a new website westfordpantry.org

SNAP– SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Could you use help with increasing food costs? Of the single adults age 60+ in Westford, 201 individuals are on SNAP. The average monthly benefit is \$219. Could you be eligible for this convenient debit card to pay for groceries? The current gross income limits are: \$2608 for one person or \$3525 for 2 people. If you have questions about applying for SNAP, see Alison, Annette, or Jen B. or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program> Questions? See Annette or Jen.

Social Services and Outreach News

OUTREACH

Do you wish you had a place to turn to for assistance? Do you worry about being a burden to family members? Do you want to remain independent but need some help? If you said "yes" to any of these then reach out to us here at the senior center and we will do our best to support you. We care about our senior residents and offer you a vibrant, active center with programs, transportation, social services and outreach. Call us at 978.399.2326. We want to hear from you!

SENIOR LIVING COMMUNITIES FIELD TRIPS with Annette

Thursday, July 31 from 11 am - 1 pm (approximately)

We are excited to offer this program of facility visits the last Thursday of every other month. These trips will allow you to explore housing options such as retirement communities and assisted living residences. Our visit this month is to the new **Residence at Bedford**, 240 South Rd, Bedford, MA. This community offers independent living, assisted living, memory care and respite care. They pride themselves on de-stressing your life and enriching it with premium service and hospitality. Whether you are driving yourself or you need a ride, please sign up with us by calling 978.692.5523. *If there are facilities you would like to tour, please let Annette know.

DEMENTIA CAREGIVER SUPPORT GROUP

The Dementia Caregiver Support Group is taking a summer break. The group will resume in September. If you need caregiver support resources during the summer, call Alison at 978.399.2325.

Housing & Independent Living Resources

TREAD-TAX RELIEF FOR ELDERLY AND DISABLED

This is a property tax relief fund available through donations from the community. People over age 65 and disabled individuals who own and reside in their home may apply if they need assistance with property taxes. The applications will be available in May at the Senior Center and are due by August 31st. Awards are decided in December '25 by a committee appointed by the Town Manager. This program has no income limits to apply, but those with the most challenging income to expense ratio are most likely to be given assistance. Please note, the TREAD committee does not make payments on deferred tax bills. If you have questions about TREAD, call Annette, Jen B. or Alison.

EMERGENCY FINANCIAL ASSISTANCE

We hear from many people each month who are struggling to afford their basic expenses as costs have increased and income has not. If you are having trouble paying your rent/mortgage or critical utilities, don't suffer in silence. There are government programs like SNAP, HEAP, and RAFT, and property tax relief that can help to alleviate some of the burden. We have the Westford Food Pantry and Cameron free food programs that help to reduce grocery expenses. There are also local charities that can help with emergency payments in the short term. The social work/outreach team is here for help with brainstorming, strategizing, and assisting with future planning to reduce costs.

IN-HOME CARE vs ASSISTED LIVING

Wednesday, July 23 at 10am

Michelle Taranto of **A Place At Home** will be here. Choosing between in-home care and assisted living or memory care can be a tough and overwhelming decision, whether it's for yourself or a loved one. Join us as we discuss the pros and cons of each, and the things to consider as you explore your options.

FINANCIAL CONSIDERATIONS

BEFORE AND THROUGHOUT YOUR RETIREMENT SERIES

August 26th at 5 pm

Topic: Outsmart the scammers

Marshall Marshall Tisdale, AAMS™, CEPA®, from Edward Jones, will discuss how to Outsmart the scammers. During this presentation, we'll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to if you or your loved one is targeted, and steps you can take now to help protect yourself and your loved ones. There will be an opportunity to ask questions. Please sign up for this informative workshop at 978.692.5523



SPRING CLEANUP FOR OUR WESTFORD SENIORS

Much thanks to our local organizations that helped our seniors with yard cleanups: Blessed Trinity Parish Confirmation classes, Scout Group 195 and Westford Academy Capstone students.



Pictured: Dan and Elizabeth's Confirmation class at Blessed Trinity Parish helping with a Spring Cleanup!

HABITAT FOR HUMANITY

Tuesday, July 8 at 7pm

There will be a Habitat for Humanity info. session for people who are interested in applying for two affordable homes that will be sold with a lottery. Sign up at 978.692.5523 or the front desk.

CAMERON BUCK\$ CARD FOR WESTFORD RESIDENTS

Cameron Buck\$ cards offer a \$5-\$10 discount depending on an individual's age, as well as providing an alternate payment method, eliminating carrying cash, credit card, or purse. The card is simply a punch card with \$1 and \$5 dollar punch increments totaling \$50 value. If your age is between 55-59 years old, you receive punches worth **\$5 for FREE** (\$55 total card value). If your age is 75 years old and over, you receive punches worth **\$10 for FREE!** (\$60 total card value). These cards may be purchased at the front desk, and can be used for classes, programs, special events, and trips. The cards can't be used for Trudy's Boutique.

DID YOU KNOW...

As part of this year's 'Safe Footing Kits' project, The Westford Health Department checked in with vulnerable residents who were listed on Westford's confidential **Special Needs Emergency Registry**. The status of some residents had changed over the past year, while others were simply grateful for well-check calls. The Westford Health Department verified their data and asked if they would like a kit delivered, which many were pleased to accept.

If you know someone who could benefit from being on the list, please share this link with them. <https://bit.ly/WestfordNeeds>. Access is also available by the QR code.



Call it a *two-fer*: Making sure we could contact those who would need the most immediate help in a disaster, and equipping those who were most at risk in winter with kits to prevent falls!

Dining Options

*Please let our Registrars know at Program Signup if you have a food allergy / special dietary need.

MOVIE SHOWINGS

Tuesdays, July 8 and August 12 at 5 pm

Join us in July to watch the thriller/mystery **Conclave** on the process of appointing a new pope, starring John Lithgow. Paul Newman will entertain us in August with his Oscar performance in **Cool Hand Luke**. \$5.00 will get you a movie, popcorn, refreshments and a light meal. Call to sign up at least 3 days prior at 978.692.5523. **Special thanks to the Friends of the Cameron for their financial sponsorship of our Movie Nights.**



FISCO LUNCH

Wednesdays at 11:30 am - 2 pm

The Cameron has partnered with FISCO (Friends of Indian Senior Citizens Org.), a social work organization that aims to provide companionship, connections and compassion to Indian seniors, and others are welcome. FISCO organizes a weekly program, providing a friendly environment for social interaction along with meditation and educational sessions; followed by a hot Indian vegetarian meal. **Cost is \$3.** Future programs include: **July 23:** Six Pillars of Brain health and **Aug 06:** HomeFit Workshop. Please RSVP on website www.thefisco.org or call the front desk at 978.692.5523.

RESTAURANT REVIEW

Wednesdays, July 23 and August 27 at 11:30 am

In July we will meet at **Fuchi Asian Cuisine** at 355 Littleton Rd, Westford. In August, let's go to **Luna Mexican Cuisine** in Nagog Mall 20 Nagog Park, Acton. Please pre-register at 978.692.5523, and if you decide not to go, please call us to cancel 5 days in advance so others on the wait list can be moved up. Thank you. Bon Appétit.

THANK YOU

Thank you to *Bridges by Epoch at Westford* for sponsoring a wonderful lunch and bringing their residents over to sing with us. We enjoyed having the Golden Notes and our own Music Makers bring song and joy to us that afternoon. Pictured below are the Music Makers (top) and the Golden Notes (bottom).



Thank you Capstone Interns!

Capstone Interns Leave Their Mark on the Cameron!

Katie Russell, Program Coordinator supervised our Capstone Interns **Het Sagparia** and **Ashan Fernando** to provide each with daily tasks and opportunities to learn more about the Cameron Center. Our interns assisted with many projects from telephone calls, flier preparation, making A frames, filing, program set-up/break down, visiting with center participants, yard clean up, food distribution, and putting together new chairs for our multi-purpose room. *Thank you, Katie for enriching our Capstone students learning and utilizing their many skills to support our older adults and Cameron. Wishing Ashan and Het continued success and much appreciation.* **Pictured at right:** Capstone Interns **Ashan Fernando**, Dana Owens, **Het Sagparia**. Below, Ashan and Het visit a senior.



Our Billiards Team Wins Championship!



**Massachusetts Senior Travel Eight Ball League
North East Division Champions
Westford Senior Center B Team**

Pictured Left to Right: Jerry Lotto, Paula Moscariello, Jerry Moscariello (Captain), Tim Butler, Bruce Hestand



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>July 2025</h1>	<p>1</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:15 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Game Night 6:00 Tai Chi / Qigong</p>	<p>2</p> <p>8:00 Billiards 9:30 Bone Builders 11:30 FISCO Lunch 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry</p>	<p>3</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 1:00 Gaining Grounds at WHA 12:45 Bone Builders 1:00 Whole Foods / TJs</p>	<p>4</p> <p style="text-align: center;">CENTER CLOSED FOR INDEPENDENCE DAY</p> 
	<p>7</p> <p>8:00 Billiards 9:00 Hike with Mike 9:30 Bone Builders 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>8</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 5:00 Movie Night 6:00 Tai Chi / Qigong 7:00 Habitat for Humanity</p>	<p>9</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Van Trip - Bowling 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry</p>	<p>10</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Ask the Fire Prev. Officer 12:00 Hand and Foot 1:00 Gaining Grounds at WHA 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs</p>
<p>14</p> <p>8:00 Billiards 9:30 Hearing Screening 9:30 Bone Builders 11:00 Ask the Realtor 12:00 BINGO 12:00 Gentle Yoga 12:30 SHINE 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>15</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Book Club, Ping Pong Health Series 5:30 MMRRC Train Club 6:00 Tai Chi / Qigong 7:30 Radio Club (PART)</p>	<p>16</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:30 Visit with Chips 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 4:00 COA Board Meeting 5:00 Food Pantry</p>	<p>17</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Friends Board Meeting 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Ask the Detective 12:00 Hand and Foot 1:00 Gaining Grounds at WHA 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs 2:00 Westford Constituent Hour</p>	<p>18</p> <p>8:00 Billiards 8:30 Food Pantry 9:30 Ping Pong 10:00 Vet to Vet 10:00 Sewing / Quilting 2:30 Tech Help</p>
<p>21</p> <p>8:00 Billiards 9:00 Hike with Mike 9:30 Bone Builders 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>22 BONE HEALTH DAY</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Bone Health Lunch 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Move through Aging 6:00 Jack is Back!, Tai Chi / Qigong</p>	<p>23</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Home Care vs. Assisted Living 11:00 Intermediate Yoga 11:30 FISCO Lunch with Program 11:30 Restaurant Review 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 2:30 Tech Pals 5:00 Food Pantry</p>	<p>24</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 1:00 Gaining Grounds at WHA 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs</p>	<p>25</p> <p>8:00 Billiards 8:30 Food Pantry 9:30 Ping Pong 10:00 Vet to Vet 10:00 Sewing / Quilting 2:30 Tech Help</p>
<p>28</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>29</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 6:00 Tai Chi / Qigong</p>	<p>30</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:00 Hike with Mike 9:30 The Spirit of Boston Bus Trip 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry</p>	<p>31</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Senior Living Field Trip 12:00 Hand and Foot 1:00 Gaining Grounds at WHA 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs</p>	

Cameron Center Open Mon, Wed., Thurs., Friday 8 am - 4 pm , Tuesdays 8 am - 8 pm
Library, Billiards Room, Computer Room open M, W, Th, F 8:00 am - 3:45 pm, Tuesdays 8:00 - 7:45 pm
Fitness Center open M, W, Th & F 8:00 am - 3:30 pm, Tuesday 8:00 am - 7:30 pm
Trudy's Boutique open daily from 9am - 3pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>August 2025</h1>				1 8:00 Billiards 8:30 Food Pantry 9:30 Ping Pong 10:00 Vet to Vet 10:00 Sewing / Quilting 2:30 Tech Help
4 8:00 Billiards 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters	5 7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:15 Bone Builders, 1:00 Open Art Studio 2:00 Ping Pong 4:30 Game Night 6:00 Tai Chi / Qigong	6 8:00 Billiards 9:00 Well Being Fitness 9:00 Hike with Mike 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 Birthday Celebration-Kimballs 11:30 FISCO Lunch with Program 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry	7 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Watercolor Class 1:00 Whole Foods/TJs	8 8:00 Billiards 9:00 Bridge 9:30 Ping Pong 10:00 Vet to Vet 10:00 Sewing / Quilting 12:00 Arciero / Cronin Cookout 2:30 Tech Help
11 8:00 Billiards 9:00 Hike with Mike 9:30 Hearing Screening 9:30 Bone Builders 11:00 Ask the Realtor 11:30 Drawing Class with Sahana 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters	12 7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 5:00 Movie Night 6:00 Jack is Back!, Tai Chi / Qigong	13 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 AI Class with Sahana 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 2:00 Piano Recital 5:00 Food Pantry	14 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Ask Fire Prev. Officer 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Watercolor Class 1:00 Whole Foods/TJs	15 8:00 Billiards 8:30 Food Pantry 9:30 Ping Pong 10:00 Vet to Vet 10:00 Sewing / Quilting 12:00 BINGO 2:30 Tech Help
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25 8:00 Billiards 9:00 Hike with Mike 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters	26 7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 5:00 Finan. Outsmart the Scammers 6:00 Tai Chi / Qigong	27 8:00 Billiards 9:00 Well Being Fitness 9:30 Van Trip-Beach /Petey's Lunch 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Restaurant Review 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry	28 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Whole Foods/TJs 1:00 Watercolor Class	29 8:00 Billiards 8:30 Food Pantry 9:30 Ping Pong 10:00 Vet to Vet 10:00 Sewing / Quilting 2:30 Tech Help

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Fitness Center open M, W, Th & F 8:00 am - 3:30 pm, Tuesday 8:00 am - 7:30 pm
Trudy's Boutique open daily from 9am - 3pm

Social and Enrichment Activities

BIRTHDAY CELEBRATION

Wednesday, August 6th at 11am

July, August, and September Birthdays come celebrate with us at Kimball Farm and play a round of Mini Golf! Spaces are limited so sign up now at 978.692.5523. Cost is \$13.



BOOK CLUB

Tuesdays, July 15 and August 19 at 2:00 pm

Readers, consider joining this wonderful group in our cozy library for hearty discussions. In July we will discuss the collection of essays about nature in **Tamed and Untamed: Close Encounters of the Animal Kind** by Elizabeth Marshall Thomas and Sy Montgomery. In August we will discuss the Nantucket based book **Silver Girl** by Elin Hilderbrand. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326

PIANO RECITAL

Wednesday August 13th at 2pm

Our very own Helene Gove who has been taking piano lessons here at the Cameron with Piano instructor Allyson Lu. Helene would like to share what she has learned with the community. Please sign up at 978.692.5523.

CLASSES WITH SAHANA

Sahana Venkatraman is a student at Westford Academy doing a summer internship here at the Cameron Senior Center. On **Monday, August 11 at 11:30 am** she will be teaching a drawing class. On **Wednesday, August 13 at 11:30 am** she will be teaching a technology class on what is AI? How to use it? and What are the pitfalls to using AI?

VISIT WITH CHIPS

Wednesdays July 16 and August 20 at 10:30 am

Chips is an 11 year old Yellow Lab who worked as a Therapy dog for 9 years at a psychiatric hospital with Sue Jones from Westford. Chips and Sue will be here visiting the center once a month if you want to spend some time very lovable dog.

JACK IS BACK FOR THE SUMMER!

Tuesdays, July 22 and August 12 at 6pm

Jack the Wiz Kid Whitman is back from college and wants to offer a technology class. If interested in attending this session, please call the front desk at 978.692.5523.

TECHNOLOGY HELP

Fridays at 2:30 pm

Westford Academy Student Kishan Prajeesh will be taking one on one appointments on Friday afternoons. Please call and set up an appointment at 978.692.5523.



TECHPALS

Wednesdays at 2:30 pm, July 23 and August 20

Each month, we will be having a technology help workshop done by a non-profit called Tech Pals, high school volunteers sharing their digital know-how with seniors, one "Pal" at a time. Please sign up for these informative workshops at 978.692.5523

MUSIC MAKERS

Returning in the Fall!

The Music Makers are taking the summer months of July and August off.

ONLINE REGISTRATION— IMPORTANT CHANGE!

As we transition to using Online Registration, for the September and October Registration we will have three trial classes that REQUIRE online sign up to register. These classes are the **Tuesday and Thursday Wellbeing Fitness Class**, the **Wednesday Wellbeing Fitness Class** and the **Zumba Class**. Please contact Katie at 978.399.2330 or krussell@westfordma.gov to set up a tutorial on how to register for online classes so that you will be ready for registration in the fall.

THE UPBEATS

Thursdays at 10 am

Are you experienced at playing an instrument? Our house band, the UP-BEATS, practices each Thursday morning at 10 am. Feel free to bring your instrument, and enjoy this talented group of musicians.

SPANISH CLASS

Tuesdays and Thursdays at 10:30 am

The cost is \$3 per class. Pay directly to the instructor. Call the front desk to sign up at 978.692.5523.

AMATEUR RADIO CLUB

The Police Amateur Radio Team (PART) of Westford meets at the Cameron on the **third Tues. each month** (except Dec.) at **7:30 pm**. For more info, visit the club website at wb1gof.org or send an email to info@wb1gof.org.

WESTFORD EXPRESSIONS TOASTMASTERS

Mondays (except holidays) at 7:00 - 8:30 pm

Westford Expressions Toastmasters is a non-profit organization designed to help people of all backgrounds build confidence as speakers and leaders. Visit <https://bit.ly/WestfordExpressions> for more information.

Friends of Cameron MEMBERSHIP and LEVELS OF GIVING

Membership is open to people of ALL ages.
Membership year is **July 1, 2025 - June 30, 2026**

NAMES (s) _____

ADDRESS _____

TOWN _____ PHONE _____

EMAIL _____

___ INDIVIDUAL MEMBERSHIP \$20

___ FAMILY MEMBERSHIP \$30

Please accept my DONATION. AMOUNT \$ _____

Check one:

FRIEND+ (up to \$99) _____ SILVER (\$250-\$499) _____

BRONZE (\$100- \$249) _____ GOLD (\$500+) _____

Drop off or Mail to:

Friends of Cameron, 20 Pleasant St., Westford, MA 01886.

Checks made payable to: Friends of Cameron. Questions call 978-692-5523. To become a member, renew memberships and donate also visit www.westfordmafriensofcameron.com

Arts and Crafts

WATERCOLOR CLASS WITH PAULA (8 Weeks)

Thursdays starting on July 10 - August 28
from 1:00 pm to 3 pm

In this class the instructor will demo various techniques such as simple layering, varied washes, using masking, spattering, glazing, color theory, and using items to produce textures or effects. All participants will be working together using the same reference photo which will be provided by the instructor. A basic knowledge of watercolor painting is preferred as this is not an "absolute beginners' class". **Cost is \$160.00 for residents and \$180.00 for non-residents.** A supply list is available at the check-in desk.



OPEN ART STUDIO

Tuesdays, 9 am - 12:30 pm and 1 pm – 3 pm

Do you have projects that you are working on, but also would enjoy some comradery with others while painting your masterpiece? If so, Open Art Studio may just be the place for you. Drop ins are welcome!



SEWING & QUILTING CLUBS

Fridays 10 am – 1 pm

Please come in and enjoy working on your quilting and sewing projects with other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Pick-up or share some helpful project tips and just enjoy some creative fellowship!



KNITTING AND CROCHETING

Wednesdays, 1:30 pm -3 pm

The Friends of the Cameron Senior Center sponsors a knitting / crochet "let's have a chat" group. Please feel free to drop by! We meet in the lobby at the senior center. If you want to learn, share a pattern, work on a project or have a cup of tea, we would love to see you!



Games

GAME NIGHT

Tuesdays, July 1 and August 5 at 4:30 pm

We are seeking more folks to join our early evening of fun and laughter. All the games played are easy to learn! Come in July and try your luck at the card game **Phase 10**, similar to Rummy. In August we will be playing the tile game, **Rummikub**. If you have this game, please bring it in. We will need several depending on how many sign up. The cost is \$4.00 for refreshments and a light meal. Please sign up in advance for planning purposes, 978.692.5523. Thank you to the Friends of the Cameron for subsidizing costs.



CARD GAMES

Come play cards at the Cameron

Hand and Foot on Thursdays at 12:00 pm - 3:30 pm

Bridge on Thursdays at 9:00 am - 12:30 pm

Please register for selected card game(s) at the front desk at 978.692.5523. If there is a cancellation; we can notify you by phone.



BINGO

Every Monday at 12 pm in the multipurpose room

One Friday per month at 12 noon: July 11, August 15.

Join us at the Cameron for some BINGO Fun! call 978.692.5523.

Social Fitness Activities

TUESDAY GOLF AT QUAIL RIDGE

354 Great Rd, Acton MA

Tuesdays beginning at 7:30 am - all day

Now—October Cost: \$20 walking, \$31 with cart. Call Quail Ridge at 978.264.0399 to reserve your tee time.

Make sure you say you're with the Westford Group to get this special price.



BILLIARDS



The Billiards room is open every day that the Cameron is open. Come enjoy a game of pool!

PING PONG

Mondays & Tuesdays at 2 pm, Fridays at 9:30 am

Beginner / Intermediate Ping Pong Wednesdays at 1:30 pm

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to play, RSVP by calling 978.692.5523 so we know how many tables to set up.



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Carrie Hines
M 978.505.1678

Nancy Allam
M 978.505.8865

carrie.hines@compass.com

nancy.allam@compass.com

COMPASS

MONARCH GROUP

Local Trips

THE SPIRIT OF BOSTON

Wednesday July 30th



Step aboard the "Spirit of Boston" for an afternoon of unparalleled harbor cruising fun on historic Boston Harbor. This luxurious 2 hour cruise features live entertainment - you'll dine, dance, enjoy star-quality entertainers and breathtaking views! On board, you'll enjoy an outstanding buffet luncheon to suit every taste and appetite, all freshly prepared onboard in the ship's excellent galley. Sample a little bit of everything! After the cruise we will head over to Quincy Market for some free time to shop and explore! **Your Motorcoach Will Depart at 9:30 am from the Franco-American Club Returns Approximately 5:30 pm. For Reservations, Please call: The Front Desk at 978-692-5523. Cost is \$154 per person and FULL PAYMENT DUE UPON RESERVATION and NO REFUNDS. Tour Operated By Bloom Tours.**

CAPE COD LUNCH TRAIN TOUR

Wednesday, September 17

Join *Bloom Tours* on a scenic ride down to Hyannis, MA. We will board their Colonial Lunch Train for a delightful 2hr journey & 3 course meal! We are treated to expertly



prepared food served with white-linen class. Converse over afternoon coffee, sit back and enjoy a mid-day escape of a relaxing train ride. Your meal choice is Hunter's Harvest Chicken, Sweet Potato Pecan Crusted Salmon, Autumn Salad or Ham Sandwich. Also included is Coffee/Tea and Chefs Choice Dessert. Following your excursion you will head to Hyannis for exploring and shopping. Shop at Specialty Stores, Consignment shops or just stop for an Ice Cream. **Your Motorcoach Will Depart at 8:00 am from the Franco-American Club Returns Approximately 6:15 pm. For Reservations, Please call: The Front Desk at 978-692-5523. Cost is \$160 per person and FULL PAYMENT DUE UPON RESERVATION and NO REFUNDS. Tour Operated By Bloom Tours.**

Travel

ICELAND'S MAGICAL NORTHERN LIGHTS DISCOVERY

November 10 – 16, 2026



Join Collette Tours on a 7 Day trip to Iceland. 11 Meals Included. Trip Highlights include Reykjavik, Northern Lights Cruise, Search for the Northern Lights, Golden Circle, Thingvellir National Park, Lava Exhibition Center, Vik, Jökulsárlón Glacial Lagoon, Blue Lagoon. For more information email Katie at krussell@westfordma.gov or go to <https://gateway.gocollette.com/link/1299785>

DISCOVER CALIFORNIA DREAMIN': MONTEREY, YOSEMITE & NAPA

April 27 – May 4, 2026



Join Collette Tours on an 8-day trip to California. 12 Meals included. Trip Highlights include A scenic 17-mile drive in Monterey, Yosemite National Park, In Sacramento you will have a choice to tour the California State Railroad Museum or the Crocker Art Museum. Take a scenic cruise on Lake Tahoe, A wine tasting and tour at a vineyard in Napa Valley. Ending your trip in San Francisco. For more information email Katie at krussell@westfordma.gov or go to gateway.gocollette.com/link/1285728

EXPLORE NORTHERN ITALY

October 9 – 17, 2025



Join Collette Tours on a 9-day trip to Northern Italy. 12 Meals included. Trip Highlights include a Tiramisu making demonstration in Treviso. A choice to go on a Verona Painted City tour or a walking tour of Verona and its waters. Murano Glass blowing Demonstration. Venice, Asolo, Prosecco Winery Tour, The Dolomites, Bassano del Grappa, Venetian Villa Visit. For more information email Katie at krussell@westfordma.gov or go to <https://gateway.gocollette.com/link/1285727>



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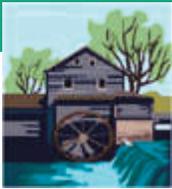
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To learn more, visit www.circle-health.org/westford



ANGELA CAPUTO GRISWOLD,
REALTOR®

Why should you choose me to be your real estate agent?

I am a licensed Broker & REALTOR® with a background in law & education. As a former practicing attorney, I zealously represented my clients' interests, & I have carried that level of commitment over to my current clients in the real estate market. It would be my pleasure to use that level of service & my experience to help you & your referrals succeed in today's market.

If you have questions about the real estate market or your specific situation, or if you just want to meet me to chat, please join me at my weekly **REAL ESTATE COFFEE HOUR** at The Java Room, 14 Littleton Road in Chelmsford, most Fridays from 9-10 AM!



☎ 857.523.9053
✉ angela@erakey.net
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Angela Caputo Griswold, REALTOR®
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PSA: Pricing Strategy Advisor
RENE: Real Estate Negotiation Expert
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SRES: Seniors Real Estate Specialist





Connecting to
What Matters
That's the Benchmark
Difference.

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How to Get Your Cameron News

- If you are a Westford resident **and** age 70 or older, the Cameron monthly newsletter will automatically be mailed to you free of charge. If you prefer receiving a newsletter via email, please call us at 978.692.5523.
- If you would like to be mailed a monthly newsletter for an annual cost of \$12, please send a check made out to the Town of Westford, with "newsletter" written in the memo section of the check. Mail to: Cameron Senior Center, 20 Pleasant St, Westford, MA., 01886 or stop in.
- Westford COA Newsletter online bit.ly/CameronNews or scan QR code on right with your smart phone camera.

If you currently receive a newsletter mailed to your home and would consider accessing the newsletter on our website, via email, or picking up a copy when you visit our center, please email our newsletter editor, Karen Heitkamp at kheitkamp@westfordma.gov



SCAN ME

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Annette Cerullo, LSW /Outreach Coordinator
Jen Beale, Elder Outreach
Claire France, Records Supervisor
Robert Rafferty, Transportation Coordinator/Social Media Mgr
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Katherine Russell, Senior Assistant
Margaret Siegel, Registrar
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OUR MISSION:

The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

20 Pleasant St., Westford, MA 978.692.5523

www.westfordma.gov/coa

<https://www.facebook.com/CameronSeniorCenter/>

BOARD MEETINGS

COA Board July 16 & August 20 at 4 pm
Friends Board: July 17 & August 21 at 10 am

The Cameron follows the same inclement weather procedures as Town Hall. To find updated weather information concerning delayed opening or closure go to <https://westfordma.gov> or call the center after 6:30 am at 978.692.5523.

